



Ski Touring Expedition, Norway 12 - 19 April 2024



Introduction

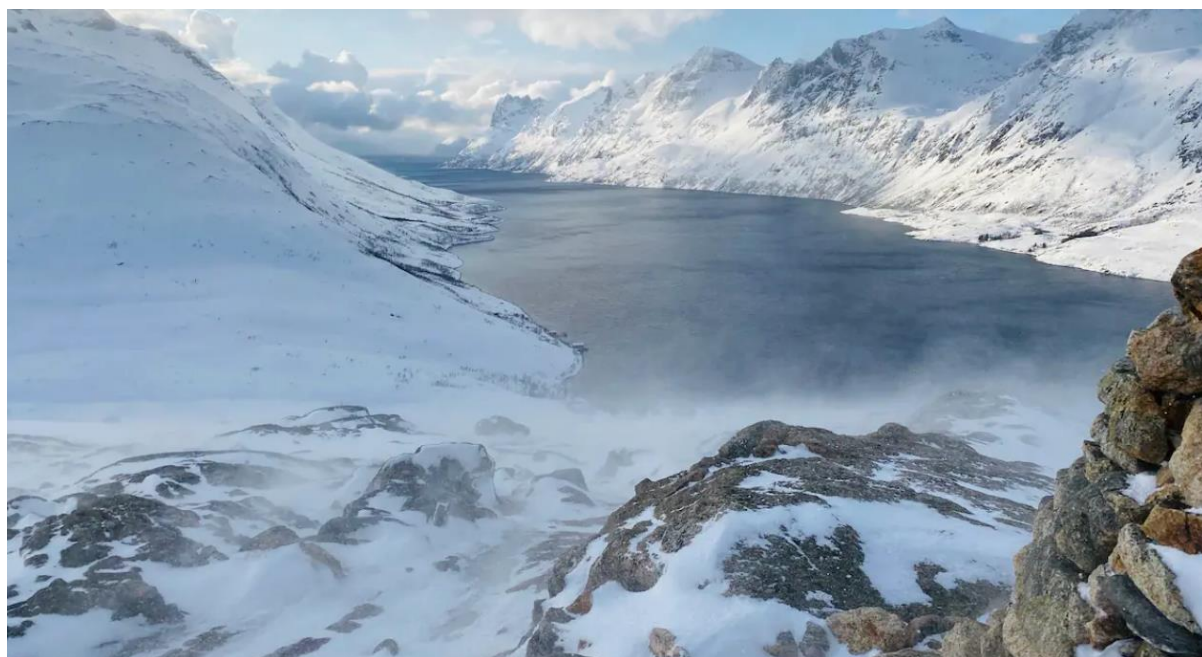
After our inaugural trip was cancelled due to covid, we're thrilled to offer this new guided ski touring expedition to the Tromso area of northern Norway – the destination on every ski tourers' bucket list!

This trip includes **6 days on snow** for a maximum of **6 participants** with **2 staff** including an internationally qualified IFMGA mountain guide and ski instructor. Intimate, adventurous and relaxed is the theme. No lifts, no crowds and no limit to the beautiful mountain objectives at our feet, all easily accessible by first-class infrastructure that enables awesome sea to summit skiing.



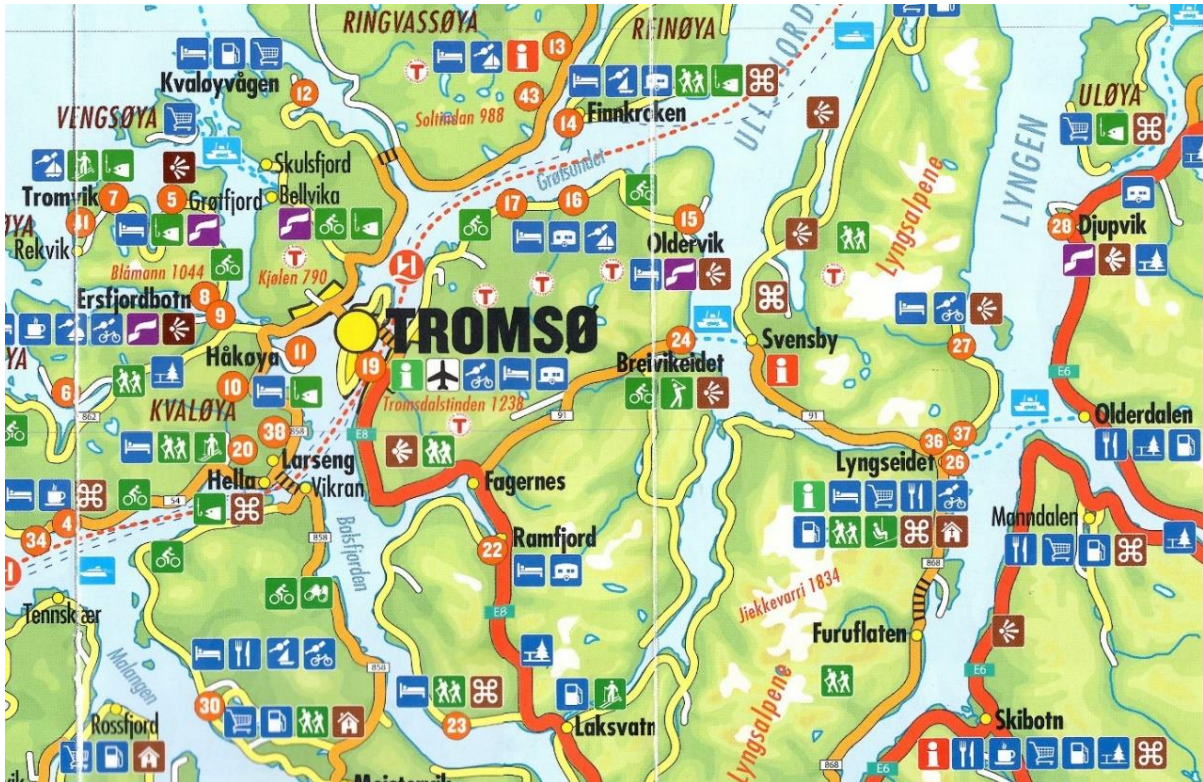
The skiing is more fun and less hard work than in the Alps. Low altitude and more O2 means everyone is stronger from day 1. Eighteen hours of daylight at the end of April means great flexibility to dodge any poor weather. This ski touring trip is open to medics and non-medics alike. There is no medical training component to the expedition.

Participants need to be **fit, competent off piste skiers with some ski touring experience** who will embrace the group living and catering style of this trip. Telemarkers are welcomed but we're sorry we can't accommodate split boarders. Read on for full details, accommodation photos, example ski routes and much more. (Please note, this is not a Norway based *Mountain Medicine on Skis* course if you're familiar with that WMT event.)



Overview of local geography and skiing potential

Ski Touring in Troms is the title of Espen Nordahl's excellent guide book (and passages are in *italics* below). Tromsø is the 8th largest Norwegian city but only has a population of 72K. Tromsø is beautifully nestled on the sea and surrounded by easily accessible and attractive hills and mountains that are 900 – 1200m high. Lying close by and west of Tromsø is the island of Kvaløya which you can drive to in half an hour (no ferry needed). East of Tromsø is the Lyngen Alps, "*Norway's most spectacular ski touring area offers high alpine summits and exciting glaciers.*" Lyngen does indeed have some very gnarly routes but these aren't on our agenda. Lyngen (North) lies across the ferry to Svensby and has very nice modest peaks (800m ascents) that are great for days when the weather isn't so good, and taller peaks for longer, more committing days. Most summits in our sights are sea to summit peaks; we park on the shoulder of the coast road and usually put skis on at the vehicle, skin all the way to the top and ski down.



Here's why ski touring in Norway is vastly different from the Alps:

- ❖ Loads of daylight takes the pressure off of early starts and allows for more tactical decisions to head out when the weather is best. It's not uncommon to depart for skiing midday and have a late supper.
- ❖ No cable cars = no stress, queue busting and added cost for lift tickets.
- ❖ Daily temperatures don't vary as widely as the Alps so the snow doesn't transform as radically through the day, especially on north facing slopes.
- ❖ Starting from sea level means MORE oxygen. Skiers feel stronger from day 1 because there are no acclimatisation issues.
- ❖ Far fewer people. There may sometimes already be a skinning track up the more moderate and popular peaks but slopes rarely get skied out. Fresh tracks! "Popular" is relative; the local skiing population is small (but keen!).
- ❖ A typical day may be 4-5 hours of activity (plus travel).

In summary, the attraction of skiing in the Tromsø area is the beauty of the peaks against the backdrop of the sea, a huge choice of objectives (of moderate angle but varying height and aspect) that require good off piste but not "steep" skiing skills that are accessible via good roads and ferries. The latitude and weak sun deliver good snow conditions throughout

the day, flexibility of timings (due to long daylight) and a low altitude, oxygen rich environment.

From our base (marked 8&9 on the map) in the Kvaløya region, there are many fantastic peaks within a very short drive. A typical day would involve up to 1000m of ascent and 4-5 hours of activity. Of course the weather can't be guaranteed and there are various "wet" weather lower routes that give us options. We also aim to travel east to Lyngen to tick off some of the classic routes there. This involves a longer drive and ferry crossing. Unlike in the Alps where we are always time critical to get a lift, ski up and down before dark, the long days give us huge flexibility. In April, the locals go out ski touring after work until very late in the day.





Key facts, dates and outline daily itinerary

Maximum number of participants: 6

Dates: Friday to Friday 12-19 April 2024 with 6 days ski days

Day 1 – Arrive Tromso late afternoon/early evening under own flight arrangements (advice to be given). Picked up by WMT and conveyed to the basecamp Airbnb house 16km away in the small settlement of Ersfjordbotn overlooking a majestic fjord.

Day 2 – Collect pre-ordered ski hire gear. Warm up ski tour.

Days 3-6 – Ski touring each day. There are familiar favourite routes we aim to ski, poor weather peaks up our sleeve and perhaps we'll spend a day tackling something new to everyone! Check out the two sample itineraries below taken from Nordahl's book.

Day 7 – Final local ski tour. Return hire gear.

Day 8 – Transfer to airport to depart on early flights.



Ski level and touring experience required

This is the most important passage in this dossier! Participants must be **FIT** and **COMPETENT** off piste skiers with a week of ski touring days under your belt (mainly so we are assured

you know what's involved and have a good idea of the physical demands of skinning uphill for 1000m several days in a row). Of course, rest days are an individual option.

Ski equipment and local gear rental

We expect that some clients will need to rent some equipment and **Tromso Outdoor** has top quality gear. We can get you to the shop on day 2 and back in time to return hire gear on day 7, at the end of the last ski day.

<https://rental.tromsooutdoor.no/products/2056/ski-touring-package>

WMT staffing

Luc Bellon will be the guide. He holds the coveted IFMGA mountain guide badge and is also an internationally qualified ski teacher. Luc guides WMT's Mountain Medicine on Skis courses too and is formerly a mountain gendarme (policeman) with the Chamonix helicopter rescue service - PGHM.

WMT's founder and Commercial Director Barry "Baz" Roberts will be the trip leader. He has skied for many decades, was a ski patroller in Canada and qualified some years ago with BASI as an Alpine Ski Instructor. He has lived in Chamonix for 25 years and skied extensively in this area plus completed many obscure and classic ski tours (haute route to Zermatt a few times and skied Mont Blanc twice). He's done a lot of wild, expedition skiing, including leading 3 ski expeditions to Greenland (one in winter), and he has skied in Pakistan, Nepal, Tibet (to 7000m) and Morocco. He is co-author of *Staying Alive Off Piste* and author of the Avalanche chapter in the OUP Handbook of Expedition and Wilderness Medicine 3rd edition. He manages all the WMT Chamonix Mountain Medicine on Ski courses.



Meals

You'll enjoy healthy and hearty options for self-service breakfast (or hot breakfasts - scrambled eggs, pancakes etc. - on days with a leisurely start), picnic lunches and filling homecooked evening meals plus a free-flowing brew station. Vegetarians will be catered for. Prospective participants with other dietary needs should discuss this with WMT. Baz is a keen cook who manages the catering. Any help with kitchen chores, peeling and washing up would be appreciated but not obligatory. Supervision and marigolds supplied!



Accommodation & basecamp

An Airbnb house (picture above) in **Ersfjordbotn** is our basecamp for the week. Its location is ideal and conveniently gives us easy access to great skiing, a big supermarket, the airport and Tromso itself. Here we'll eat and sleep together, relax, read, play board games and enjoy the sea view (and maybe the northern lights) when we're not out skiing!

In addition, there is:

- Expansive sea/fjord views from the dining room and lounge
- 2 full bathrooms

- 4 bedrooms
- Plenty of lounge space and sofas and a wood burning stove
- Sauna
- Wi-Fi
- Washing machine
- Linen & towels



What to bring?

We'll issue a full check list. Broadly you'll need:

Ski gear:

- Touring skis with skins and ski crampons (couteau)
- Ski touring boots
- Poles
- Helmet (optional)
- Avalanche transceiver (WMT can lend you one if you don't own one)
- Avalanche shovel and probe
- Ski backpack – more advice to follow
- Lightweight crampons (or micro-crampons)
- Lightweight ice axe
- Lightweight harness
- Eyewear – goggles & sun glasses

Ski clothes: a range of gloves, ski pants, softshell pants and jackets suitable for cold and spring conditions including waterproof pants/jacket – more advice to follow

Other: personal snacks, alcohol, personal toiletries, blister pads, sun cream, water bottle, pyjamas and slippers, minimal street clothes, reading material, iPad etc.

Flights

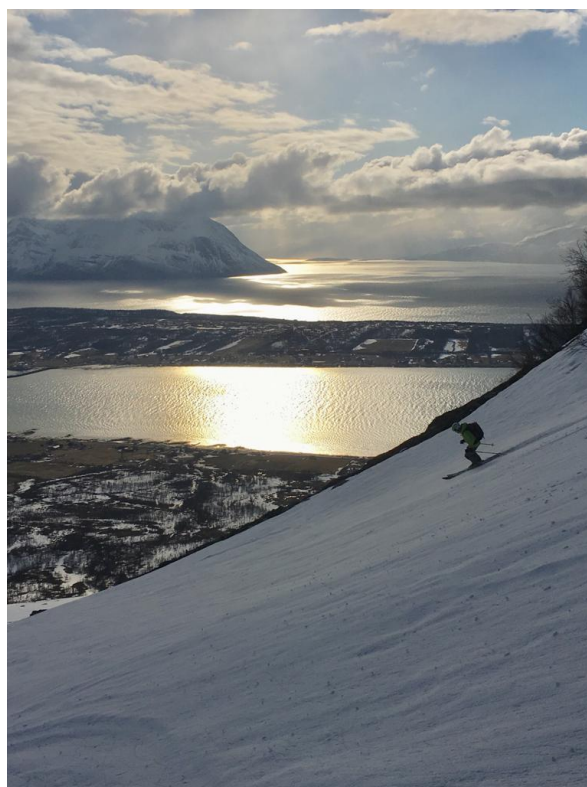
Flights to Tromso always require stops on the way and take the best part of a day. Start by using www.skyscanner.com to research options and costs (about £350 - £400 from the UK). Don't book flights until we issue you further advice.

Fees and terms & conditions

The fee is **£1950**.

What's included in the fee?

- ❖ 6 days of guided skiing, ski coaching and mountain safety training
- ❖ Accommodation – 7 nights in shared bedrooms in the Airbnb house
- ❖ All meals / packed lunches
- ❖ Transportation in our 9 seater minivan including airport pickup early evening on day 1 and an early airport drop off on day 8, any ferry costs, fuel
- ❖ Loan of a transceiver
- ❖ Group mountain safety equipment (maps, GPS, survival shelter, first aid kit, ropes/hardware, repair kit/spares)
- ❖ WMT certificate of attendance



What's not included?

Anything NOT expressly mentioned above including;

- ❖ Personal equipment and clothing
- ❖ Travel insurance (see www.snowcard.co.uk – Adventure level of cover)
- ❖ Flights
- ❖ Personal snacks & soft drinks, mixers, alcohol (buy a bottle of duty-free booze en route!)

What next if you'd like to know more or want to join us?

- ❖ Firstly please arrange a call to discuss your experience – Barry is on 07967 032930. Message, WhatsApp or call anytime! This informal telephone interview is essential so we build a team of comparably experienced ski tourers.
- ❖ With an invitation to participate, we'll issue a deposit request via an online payment link for £500 to hold your place.
- ❖ The trip needs 5 participants to make it viable. If we don't reach that number all deposits will be refunded in full.
- ❖ Ideally we'll have "go" decision by 12 February because we know there's a lot of pent up interest in this great trip.
- ❖ Once the trip is confirmed, any fees paid will NOT be refundable due to the challenge of re-selling places at short notice for such a specialist trip and the high overheads.
- ❖ The balance of fees (£1450) will be due 1st March.

Admittedly time is short and once the trip is confirmed you'll need to book flights, arrange leave and get ski fit so there's some urgency to indicate your interest.

I hope this note entices you to consider this unique "bucket list" opportunity. I'm sure there will be questions so let's chat. Call me anytime on my personal mobile 07967 032930 or email wmt@wildernessmedicaltraining.co.uk to arrange a time to speak.

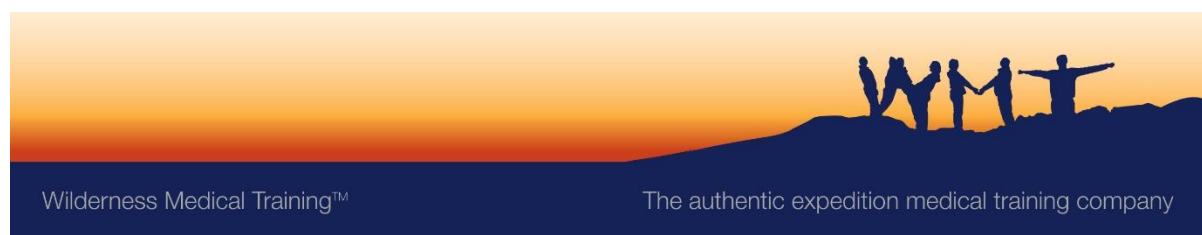
I hope to ski with you in Norway.

Best wishes,



Barry Roberts

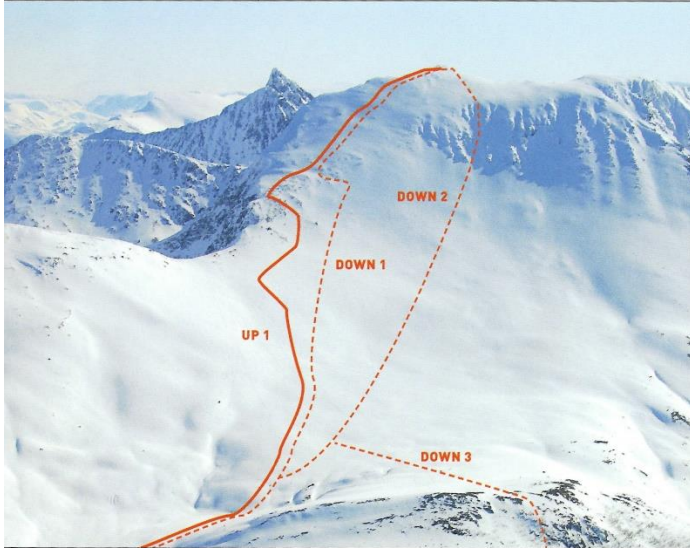
WMT Commercial Director



Sample itineraries (aerial photos make the mountains look steeper than they are!)

STORGALTEN

STORGALTEN 1219 m EH16/17



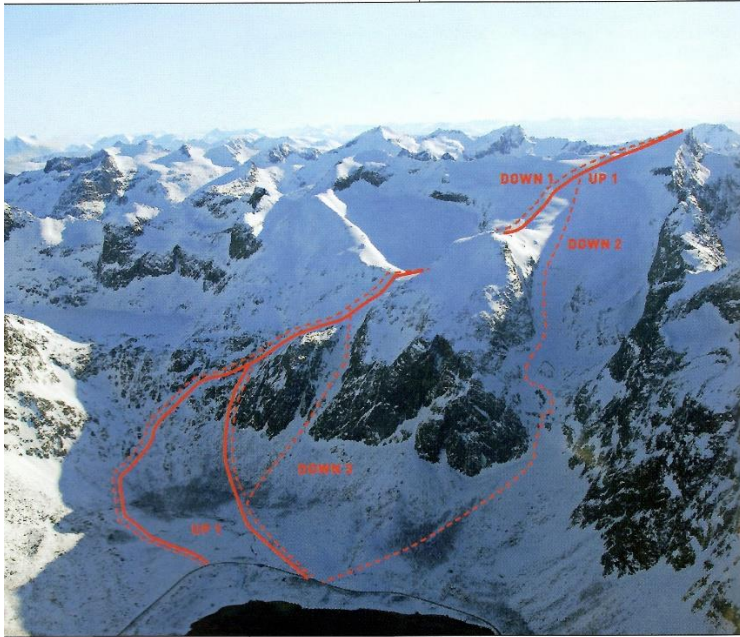
Storgalten is a popular destination for Sail & Ski tourists visiting the Lyngen Alps in winter. The picture shows the approach from the NW. The regular route [UP/ DOWN 1] follows the broad summit ridge after the col. DOWN 2 gives you steeper terrain, while DOWN 3 offers an enjoyable alternative on the last part of the descent.

Maps:	1634 IV Lyngstuva or Turkart Lyngnehalvøya
Starting point / UTM:	The entrance to the Galtdalen valley/686553
Summit coordinates:	713553
Vertical meters:	1210 meters.
Total time:	4-5 hours
Season:	January-May
Orientation:	W-NW
Regular route gradient:	30 degrees
Special equipment:	Crampons
Level of difficulty:	Easy-moderate
Hazards:	Hard and windswept conditions on the first part of the ascent from the col between Lillegalten and Storgalten.

This mountain has become one of the most famous summits for ski tourers in Lyngen. The reasons are easy access, a

Storgalten is a favourite peak on Lyngen and a very short drive from the cabin. It offers a few routes down (but none at 30 degrees in our view) and below the rocky band, huge slopes open up for laying down those powder tracks. The description calls for crampons but this is very dependent on snow cover (and never needed in our experience but we accept that guidebooks have to play it safe).

STORE HOLLENDAREN | 1017 m



Store Hollendaren is a tour set in true alpine surroundings. The picture shows the NE side. The normal route [UP/ DOWN 1] goes through varied terrain while the alternative descents are a bit more adrenaline pumping [DOWN 2-3].

Maps:	1434 II Tussøya
Starting point / UTM:	Innermost in Grøt fjorden / 028387.
Summit coordinates:	009371
Vertical meters:	1000 meters
Total time:	4-5 hours
Season:	December-June
Orientation:	E-NE
Regular route gradient:	30 degrees
Special equipment:	No
Level of difficulty:	Moderate
Hazards:	All routes go through avalanche prone terrain.

A true ski touring classic on the island of Kvaløya where the season often lasts until late June. Varied terrain and splendid views of large parts of the island and the sea make this a great trip. You can also ski some more challenging alternatives.

STORE HOLLENDAREN

This peak on the island of Kvaløya isn't as steep and vicious as it looks! The angle of the photo taken from the air exaggerates the steepness. It is a good example of the most demanding type of route might tackle (later in the week). Skiing down route 2 is magnificent; it starts with wide, easy angled slopes from the top where you can free ride and then narrows to a wide couloir before hooking right and back to the start point making for an adventurous circuit of the lower buttress; and north facing so colder snow. Stunning sea views from the top.